



**IPAD GETTING THE
NOD OVER PLAYBOOK
ON PARLIAMENT HILL
BUSINESS** {page 9}

**A THUMB OR THE
PACIFIER
WHAT ARE THE
IMPLICATIONS?** {page 16}



**LADY MONROE
GAGA CHANNELS
MARILYN AT CLINTON
BENEFIT** {page 11}



OTTAWA

metro®

Monday, October 17, 2011
www.metronews.ca



News worth sharing.

Change coming, protesters say

- National Capital Commission official says they're monitoring protest and working with police
- Anything that wakes people up out of apathy is a good thing, says Green party Leader Elizabeth May

Police had to shut down several downtown roads Sunday as hundreds of Occupy Ottawa demonstrators marched in the streets, chanting, "Whose streets? Our streets" and "This is what democracy looks like."

About a dozen police officers on motorcycles and on foot escorted the peaceful group as they made their way from their tent city in Confederation Park toward the U.S. Embassy and then back again. A few dozen of them camped out in the park Saturday night after the first general assembly, which drew a crowd of more than 500 people.

Nairra Tariq, an outreach committee member for Occupy Ottawa, said the demonstration was about solidarity with those who started the global movement in New York last month.

The group hasn't agreed on a single unifying demand. Most participants have their own individual demands, and Tariq is no exception. Tariq said she wants the Canadian government to stop enforcing back-to-work legislation for



► Hundreds of protesters march down Elgin Street yesterday, the second day of Occupy Ottawa, to speak out against "corporate greed" and social inequality. More coverage, page 10.

postal workers and Air Canada employees. She said it hinders the democratic process.

A movement like Occupy Ottawa can help change that, Tariq said.

"If this is happening on a global level in a thousand cities across the world, then people's voices will be heard and there will be change," she said.

Green party Leader Elizabeth

May, who showed up as the group returned to Confederation Park, called the movement "a manifestation of a healthy democracy."

● JOE LOFARO

Local

Friends, family cope with suicide

► Teen's father, a local councillor, asks for privacy ► Friend says bullying played a role {page 3}

Global movement

Protesters around the world show solidarity with Occupy Wall Street {page 8}





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There are things that only world's largest newspaper can do.

Patients at Ottawa clinic exposed to HIV, hep B, C

About 6,800 people will receive a letter this week informing them there is a slight chance they were exposed to HIV or hepatitis B or C at an Ottawa clinic.

The risk comes from "lapses in infection prevention and control procedures" at a clinic run by one local doctor, said Ottawa medical officer of health Dr. Isra Levy Saturday.

The clinic and doctor have not yet been publicly identified. The risk of infection is believed to be small — less than one in 1 million for hepatitis B, less than one in 50 million for hepatitis C, and less than 1 in 3 billion for HIV — but those who received the letter should get tested, said Levy.

"I want to stress that at this time we are not aware of any person who has become ill related to this lapse, and there is no ongoing risk to people as the clinic has not been operating the procedures involved since June," Levy said.

Since the risk was discovered in June, Ottawa Public Health has been trying to identify the affected patients going back 10 years. After they are notified early this week, public health will release more information about what happened, said Levy.

● JESSICA SMITH

Concerned?

► A patient call centre will be set up by tomorrow, Ottawa Public Health said.



► Kanata South Coun. Allan Hubley and his son Jamie Hubley pose for a photo. Jamie visited city hall to sing O Canada with his high school glee club at the beginning of last week's council meeting.

Bullied student takes life

► Teen's father, Kanata South Coun. Allan Hubley, asks for privacy



JESSICA SMITH
@METRONEWS.CA

A friend of Jamie Hubley's says bullying at high school played a part in the teen's decision to commit suicide, something he had talked about, and blogged about, doing before.

"There were a few times before when he was talking about committing suicide, I had talked him out of it, but I wasn't there this time," said Steph Wheeler, a close friend and classmate at A.Y. Jackson Secondary School.

A lot of people loved Hubley, but he was bullied because he was gay, said Wheeler.

On his blog, he wrote

"It was like 1,000 little paper cuts. I would go home, I would feel terrible. I would get up, go to school, and do it all over again. One paper cut, not a big deal. A thousand, day in, day out, just cuts at you so deeply after a while."

JEREMY DIAS ON BE BEING BULLIED IN HIGH SCHOOL

about being depressed, cutting himself, suicide and hating school. He also shared a photo collage that shows teens being bullied in one frame and killing themselves in the next.

Another side of him shone through in music. He published videos of his singing on YouTube and recently sang the national anthem at a city council meeting with his high school glee club.

"He was shy but outgoing at the same time. He had a really awkward way of speaking, but he made us laugh, and that's exactly what he wanted. He seemed like the happiest person on the outside," Wheeler said.

Hubley enthusiastically supported a charity called Jer's Vision that works to stop bullying, homophobia, transphobia and discrimination, said Wheeler. Now

she is raising money for Jer's Vision in Hubley's memory by selling rainbow bracelets with his name and the word "acceptance" on them.

"I hated high school," said founder Jeremy Dias. "I would walk around the hallways and people would call me fag or push me around."

Dias said most people don't realize that what they think is a one small joke adds up to a "string of torture" for gay kids.

More information about Jer's Vision is available at jersvision.org.

Wheeler said information about the rainbow bracelets will be posted on the Facebook page Rest In Peace Jamie Hubley.

1

news


The pharmaceutical industry has agreed to make it easier to access information on drug shortages. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Protesters affiliated with the Occupy Wall Street movement tell Rupert Murdoch what they really think of him. Video at metronews.ca/video

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Journalist Earl McRae dead at 69

► MacRae published his work in several newspapers including the Toronto Star, Ottawa Citizen, Ottawa Sun



SEAN
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@METRONEWS.CA

Writer and journalist Earl McRae, a mentor, and friend to myself, and a generation of other reporters in Ottawa, died Saturday night.

He was 69.

News spread quickly on Facebook late Saturday and tributes quickly piled up.

He collapsed in the Ottawa Sun newsroom and was rushed to hospital, but couldn't be revived.

"Earl was the journalist I always wanted to be and the friend I was always proud to have," wrote former Ottawa Sun reporter Laura Czekaj.

He helped start the

Elvis Sighting Society with Moe Atallah at Moe's Newport Restaurant in Westboro, a charity that among other things serves a Christmas Day dinner for the less fortunate.

McRae wrote for many papers over his career, including the Toronto Star, the Ottawa Journal, the Ottawa Citizen and for the last two decades the Ottawa Sun.

Ottawa Sun publisher Rick Gibbons said McRae, "Cast a long shadow in Ottawa."

"This is a great loss for everyone. For his family, his colleagues, but also for the city," said Gibbons.

He said McRae was best known for his role as a storyteller who focused

on the everyday man.

Behind the headlines though McRae was a great mentor for a paper with a young newsroom, Gibbons said — something I can wholeheartedly attest to.

He was smart, funny, great to hang out with at a party, warm, sympathetic — most of all he had a gift for making people feel comfortable and accepted.

He leaves all of us in the newspaper business better for having known him, and striving to live up to what he taught us over the years.



For more local news visit metronews.ca/Ottawa



► Earl McRae receives a Sun Media Dunlop Award from Ottawa Sun publisher Rick Gibbons on Oct. 11, 2007. McRae, who had numerous awards and two books to his credit, was a role model for many young journalists. He died Saturday night.

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Woman gives birth streaming live online



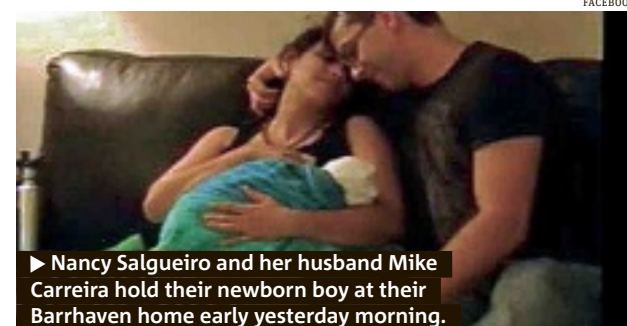
JOE LOFARO
@METRONEWS.CA

An Ottawa woman who announced last month she would broadcast the birth of her third child in her home live on the Internet for everyone to see, delivered.

Nancy Salgueiro gave birth to a boy at 3:18 a.m. yesterday, weighing six pounds and 10 ounces.

"We need to confirm how we are spelling his name before I post it, will let you know," read a message from Salgueiro on her Facebook page.

Her page was filled with messages of congratula-



► Nancy Salgueiro and her husband Mike Carreira hold their newborn boy at their Barrhaven home early yesterday morning.

tions, many of which came from people who watched the birth unfold online.

Salgueiro and her partner Mike Carreira's first two kids, Leilani, 4, and Taivus, 2, were also born at home.

Salgueiro said she wanted to share the delivery online in order to bring attention to natural childbirth.

According to ustream.tv there were more than 10,000 views of the labour.

Agreement averts transit strike: Mayor

Mayor Jim Watson said he is very pleased that

the OC Transpo union local ATU 279 voted Friday to accept a new one-year contract extension.

"It signals a positive change in our relations with our employees that we're working very hard to treat both our taxpayers and employees with respect in order to avoid a work stoppage or a

strike," said Watson.

The one-year agreement includes a two per cent raise for union members, which includes drivers and mechanics.

The agreement still has to be ratified by city council but Watson expects it will be well supported. ● JOE LOFARO

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Could this be just the beginning?

► Many taking part in Occupy Canada movement brave crisp fall weather to camp out at parks

A day after kicking off their movement with loud voices and larger numbers, Canadians who gathered to decry corporate greed and social inequality spent yesterday nailing down their action plan for the coming week through long meetings with smaller groups.

By late yesterday afternoon the numbers of Occupy Canada participants had thinned, but many expected their ranks to swell today as the financial sectors they were protesting reopened.

"Today's going to be a major day for planning a large impact for Monday as a demonstration for (when) the stock exchange opens," said Niko Salassidis, 20, who set up the Occupy Toronto Facebook group.

No trouble yet

► The protests across Canada have been orderly so far, marked by cordial relations between police and demonstrators — a sharp contrast to the riots that erupted during last year's G20 demonstrations in Toronto and following Vancouver's Stanley Cup loss in June.

"We plan to make a very large statement."

But Bryan Hyshka, 21, a volunteer at Edmonton's downtown camp site, added many of the protesters had to be at work today, so it was unclear how many would be available to continue the protest during the week. **THE CANADIAN PRESS**



► Protesters with the Occupy Nova Scotia rally at Halifax Grand Parade Square yesterday.



► "Sonny" protests against "corporate greed" in Toronto's financial district on Saturday.



► Protesters hold signs during the Occupy Calgary protest Saturday.



► Protesters dance outside the Vancouver Art Gallery during the Occupy Vancouver demonstration Saturday.

The spy who duped me: Passports abused, memos say

The Russian intelligence service's illegal use of the Canadian passport poses a "troubling threat" to the travel document's integrity, newly released federal memos warn.

Canada "strongly deplores" the exploitation of its passport by Russian agents to establish a spy ring in the United States, say the internal Foreign Affairs Department records.

But it seems Moscow's Cold War-style tactics, exposed last year by U.S. authorities, did little to chill relations with Ottawa.

In fact, the embassy of the Russian Federation said Canadian officials didn't even raise the matter.

"There was no fuss about that," said embassy spokesman Dmitry Avdeev. "I did not know anything about it."

"The alleged abuse of Canadian identity documents is a serious concern, on which Canada should take a firm stand."

MEMO EXCERPT

Foreign Affairs spokesman Jean-Francois Lacelle declined to discuss the matter, saying only that communication with other countries is confidential.

Last year 11 people — four of whom claimed to be Canadian — were indicted

on charges of conspiring to act as secret agents in the United States on behalf of the SVR, the Russian Federation's successor to the notorious KGB.

Donald Heathfield and Tracey Foley, who lived together near Boston, admit-

ted to being Andrei Bezrukov and Elena Vavilova. Patricia Mills of Arlington, Va., confessed she was actually Natalia Pereverzeva.

Bezrukov, Vavilova and Pereverzeva were among those sent back to Moscow after pleading guilty — part of a swap for prisoners in Russia.

Another man, travelling on a Canadian passport un-

der the name Christopher Metsos, was arrested in Cyprus. But he skipped bail and disappeared.

It's unclear whether Canada ever voiced its concerns to Russian officials and, if it did, what came of any exchanges.

Passport Canada refused to provide updates on the cases, citing the federal privacy law.

THE CANADIAN PRESS

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Man comes home after 11-year trek

A Montreal man who spent the last 11 years walking around the world has finally returned home.

Jean Beliveau crossed a bridge onto Montreal soil early yesterday morning after walking 75,000 kilometres through 64 countries.

The 56-year-old shared an emotional reunion with his wife and mother as a crowd of onlookers welcomed him home.

Beliveau was on a mis-



► Jean Beliveau hugs his mother Yolande Charland.

sion to promote peace and raise awareness about children facing violence.

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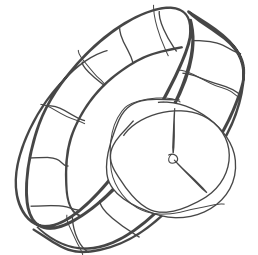
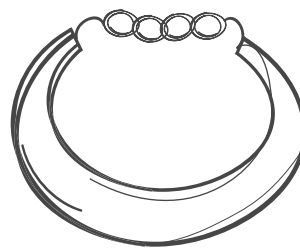
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Several hundred protesters in at least seven U.S. cities supporting the growing Occupy Wall Street movement were arrested over the weekend after refusing to obey police orders to leave public areas, including 175 people at a park in Chicago, where the arrests brought about a new phase of civil disobedience, organizers there said yesterday.

The arrests were mostly peaceful and came as somewhat of a contrast to earlier demonstrations, where protesters took care to follow laws in order to continue protesting Wall Street's role in the financial crisis and other grievances about economic injustice.

Overseas, tens of thousands nicknamed "the indignant" marched in cities across Europe, as the protests that began in New York linked up with long-running demonstrations against government cost-cutting and failed financial policies in Europe. Protesters also turned out in Australia, Asia and South Africa. **THE ASSOCIATED PRESS**

Global occupation

► 'Banks got bailed out, we got sold out!' chant New York protesters



► Protesters at an Occupy Seoul rally Saturday. The sign reads: "Tax the Rich One Per Cent, Welfare for the 99 Per Cent."



► A protester holds a placard during an anti-capitalist demonstration in Paris Saturday. The placard reads: "We Are the 99 Per Cent, Too Big to Fail."



► Thousands of protesters march to Los Angeles City Hall as part of the solidarity movement with Occupy Wall Street on Saturday.



► Two men with placards walk behind police as protesters gather in front of the Reserve Bank of Australia in Sydney Saturday.



► Italian police fire tear gas.

Cleaning up

- Rome's mayor said yesterday that it could cost at least \$1.4 million US to recover from the havoc wreaked by rioters who smashed windows, tore up sidewalks and torched vehicles after breaking off from a peaceful protest Saturday.
- The estimate came as cleanup continued in damaged neighbourhoods.
- The hundreds of rioters infiltrated a march by tens of thousands of demonstrators unhappy about the global financial crisis.



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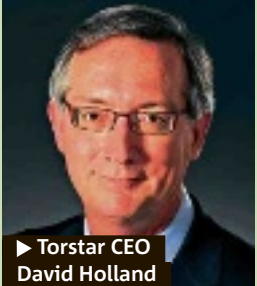
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News in brief

Torstar boosts stake in Metro

RICHARD LAUTENS/TORSTAR NEWS SERVICE



► Torstar CEO David Holland

Torstar Corp., the parent company of the Toronto Star, has boosted its interest in Metro, the free newspaper chain that publishes in cities across Canada.

Torstar announced Friday it has paid \$51.5 million to increase its stake to 90 per cent in Free Daily News Group, which publishes Metro in Toronto, Vancouver, Ottawa,

Calgary, Edmonton, Winnipeg and London, Ont. Under a separate joint venture with Transcontinental Media G.P., it also publishes in Halifax.

"We see this as a terrific opportunity to continue to build this growing, national franchise," said Torstar president and CEO David Holland in an interview.

Holland added the Metro papers, which have a combined daily readership of more than one million, complement the rest of Torstar's media assets including Star Media Group, Metroland and other digital properties.

"This is exciting news," said Bill McDonald, president of Metro English Canada. "Metro has carved a significant space in the national media landscape, and through the enhanced support of Torstar, our majority shareholder, we're looking forward to even greater growth."

TORSTAR NEWS SERVICE

Conquering Parliament Hill an uphill battle for RIM

► Technology minister recently bought an iPad instead of homegrown tablet

Gaining ground in the Apple-dominated tablet computer market has been akin to pushing a rock up a mountain for Research in Motion.

And there's a hill they're at risk of dying on: Parliament Hill.

Political Ottawa remains addicted to RIM's signature BlackBerry smartphone, but when it comes to which tablet computers to adopt, Apple's iPad is the favoured son.

Conservative MP Peter Braid is one of the only MPs who uses RIM's Playbook instead.

It's an obvious choice, as Braid represents Waterloo, Ont., where RIM is based.

When BlackBerry service went down around the



DAVE CHIDLEY/THE CANADIAN PRESS FILE PHOTO

► An employee holds a BlackBerry Playbook tablet at the Research in Motion annual meeting in July.

world last week, it wasn't just the company who felt the slap. Local residents, as well as Canadians across the country, take personal pride in the fact the device that even the U.S. president couldn't live without

comes from Canada.

Even in the wake of the service meltdown, Braid said, people still remain confident in the company.

And when it comes to the tablet, he's hoping to try to convert over more

fellow parliamentarians.

In choosing the iPad over the Playbook, MPs are reflecting a larger trend.

THE CANADIAN PRESS

Market moment

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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#10 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (9th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#18 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, The Aspen Institute and *Expansión*.



OCCUPY OTTAWA STARTS SMALL, VAGUE

URBAN COMPASS

STEVE COLLINS
METRO OTTAWA



Occupy Ottawa, the local version of the Occupy Wall Street movement, got off to a laid-back start Saturday, as an estimated crowd of 500, signs, flags, kids and dogs in tow, assembled in Confederation Park.

"Occupying" a public park, where the protest is unlikely to cause much inconvenience and disruption to the public, and hence garner their attention, might seem an odd choice. But it's close to many busy downtown streets, Parliament Hill, National Defence headquarters and the U.S. Embassy. Marchers made their first sortie into the surrounding city yesterday.

Also, as one of the protest's facilitators pointed out, public washrooms are conveniently located across the street at city hall. "Feel free to use them," he added.

"We're paying for them." Uniformed police

presence was light and unobtrusive, even friendly, as they circulated among protesters in ones and twos. Ottawa cops, after all, have seen more protests than most municipal police, and know that showing up in force can have the effect of ratcheting up tension — and cost. (The City of Ottawa is still waiting for the feds to reimburse them for the \$900,000 in extra costs arising from two weeks of demonstrations by Tamil-Canadians, which blocked traffic near Parliament Hill in 2009.)

Occupy Wall Street has attracted celebs like Michael Moore and Susan Sarandon. The local version boasted a couple of nationally familiar, if not famous faces, like Brigitte DePape, the

Senate page fired for her display of a "Stop Harper" sign in June, and Joey Keithley of Vancouver punk band DOA.

But what's it all about? Apart from a widely shared conviction that 99 per cent of us are being hosed by the other one per cent, there's little explicit common ground. It seemed everyone rode their own hobby horse to the protest, whether proportional representation, workers' rights or limiting corporate power. One protester's placard might have summed it up best: "Too Much S-t For One Sign."

Occupy Ottawa, for all its enthusiasm, may prove lacking in dramatic confrontation with police or nice, neat messages for the media.

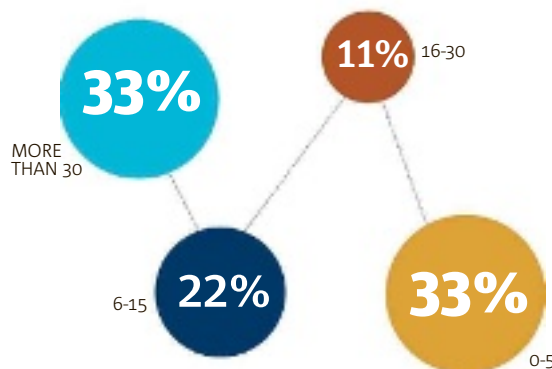
Meanwhile, though, this month's provincial election set a new record for just not bothering, with voter turnout dropping below 50 per cent. An Occupy Ottawa sign interpreted that phenomenon too: "It's Not Voter Apathy ... It's Discerned Futility."

I find it hard to fault these protesters for getting off the couch and doing something, even if they're still figuring out just what.



Register at
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and take the quick poll

How many books do you read in an average year?



Local tweets



► @alexthelostboy: Just

passed Occupy Ottawa. Tents everywhere. VIVA LA REVOLUTION. #OCCUPYOTTAWA

► @ehjertaas: This was such a great event! Harvest Noir brings out 700 daring people in #Ottawa shar.es/b24VU #harvestnoir

► @MKynock: Sympathy to the family of Earl McRae-columnist for the Ottawa Sun, who passed away suddenly over the weekend. Will miss your stories! RIP

► @TSNScottMac: Thoughts/prayers to the family of Ottawa City Councillor Allan Hubley for the passing of his son, Jamie. Unimaginable grief for any parent.

► @HughesElliot: Beautiful shot of an ottawa fall day RT"@twitandrewking: Possibly one of the most cinematic roads in #ottcity ... http://yfrog.com/nyzh4jpi"

► @Chantelle_Amy: When explaining the Zombie Walk to someone from Ottawa, he commented, "Ppl here are weird". I replied, "No, we're awesome!" #winnipegpride

Worth Mentioning

California's largest industry group for doctors is calling for the legalization of marijuana even as it maintains that the drug has few proven health benefits.

Trustees of the California Medical Association adopted the new stance at its annual meeting in Anaheim, according to a Los Angeles Times report.

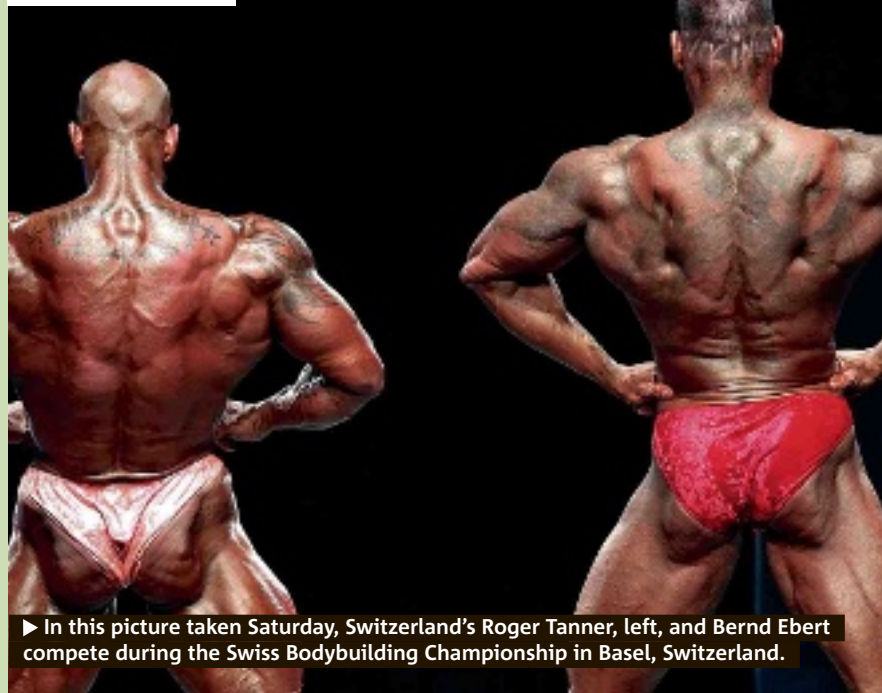
Dr. Donald Lyman, the physician who wrote the group's new policy, said doctors are increasingly frustrated by the state's medical marijuana law, which allows use with a doctor's recommendation. Physicians are put in the uncomfortable position of having to decide whether to recommend a drug that's illegal under federal law, Lyman said.

"It is an open question whether cannabis is useful or not," he told the newspaper. "That question can only be answered once it is legalized and more research is done."

The CMA acknowledges health risks associated with marijuana use and proposes regulation similar to alcohol and tobacco.

THE ASSOCIATED PRESS

Elbow. Grease



► In this picture taken Saturday, Switzerland's Roger Tanner, left, and Bernd Ebert compete during the Swiss Bodybuilding Championship in Basel, Switzerland.

PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

Photo of the day

WEIRD NEWS

Don't throw yourself in my backyard

Hundreds of Toronto-area residents have signed a petition listing grievances with the Parachute School of Toronto including roaring noise, noxious fumes and rogue skydivers landing on their properties.

"If they wreck anything," says resident Paul Nicholls, "say they land in your Azaleas and destroy them, that's criminal trespass."

Recently, Nicholls went to Georgina

town hall to present the petition, signed by 200 other aggravated Georginians, and lobby for change. A town-council report on the matter is expected early next week.

The school has been operating since 1974, though it used to run out of Arthur, Ont. In 2002, it relocated in Georgina — north of Toronto — to be closer to its Toronto customers. It runs from May to October, from 9 a.m. to sunset, five days a week, during which some thousand flights take place.

Of the 400 jumps conducted weekly, Adam Mabee, president of the parachute school, says just a couple of skydivers miss their target, the airport. The worst damage was to an awning and he paid the repairs.

TORSTAR NEWS SERVICE

Gaga does Marilyn

► Lady Gaga channels Marilyn Monroe at concert honouring Bill Clinton's foundation

Lady Gaga enjoyed her "first real Marilyn moment" with former President Bill Clinton.

The envelope-pushing pop superstar was one of several musicians who performed Saturday night at the Hollywood Bowl during a concert celebrating the 10th anniversary of Clinton's foundation, which has sought to improve global health, strengthen economies worldwide, promote healthier childhoods and protect the environment for the past decade.

"I always wanted to have one, and I was hoping that it didn't involve pills and a strand of pearls," Gaga joked.

Emerging from atop an all-white treehouse, Lady Gaga sported a wavy blonde 'do and red lips like Marilyn Monroe, who famously crooned Happy Birthday, Mr. President to President John F. Kennedy in 1962. Lady Gaga similarly serenaded Clinton and changed several of her lyrics to reference him, including swapping the title of Bad Romance for Bill Romance.

"I thought, 'My God. I get Lady Gaga, and I will have a heart attack celebrating my 65th birthday,'" Clinton later said.

Clinton, who turned 65 on Aug. 19 but celebrated his birthday at a posh Hollywood party Friday night, sat between wife Hillary



► At a performance celebrating the 10th anniversary of Bill Clinton's foundation, Lady Gaga serenaded Clinton like Marilyn Monroe did to President John F. Kennedy in 1962.

and daughter Chelsea in the front row throughout Saturday's event at the outdoor venue set against the Hollywood Hills. Other famous attendees included Maria Bello, Ashton Kutcher, Jason Segel, Ellen DeGeneres, Colin Farrell and Chevy Chase.

"I am the only person in history who got to be President and then had a post-

presidential birthday party attended by both Lady Gaga and the Secretary of State," Clinton joked on stage. "I want to thank Hillary because we met 40 years ago this year. When I met her, she was already doing the kind of work you see here long before it was cool."

Other performers included Motown legend Stevie Wonder, country star

Kenny Chesney, Toronto rapper K'Naan, Colombian crooner Juanes and R&B singer Usher.

Usher kicked off his performance with a take on Joe Cocker's rendition of the Beatles classic With a Little Help From My Friends before launching into his hits Yeah and OMG. The R&B singer accidentally split his pant legs while

dancing to reveal his bare left leg. The wardrobe malfunction didn't stop Usher, who continued with his routine, telling the crowd: "I work hard."

Bono and The Edge of U2 closed the concert with a mostly acoustic set that included such tunes as Desire, One and Sunday Bloody Sunday, which Bono sang directly to Clinton.

The duo — who were accompanied by a string quartet and Edge's laptop — closed with Miss Sarajevo. Bono tackled the operatic part of the tune originally sung by the late Luciano Pavarotti.

Clinton himself is no stranger to performing. The saxophone-playing politician memorably belted out Heartbreak Hotel when he visited Arsenio Hall's show during his 1992 presidential campaign. Clinton didn't pick up the instrument Saturday night, despite a plea from Lady Gaga, who informed him: "I wish you were playing sax with me tonight, baby."

THE ASSOCIATED PRESS

\$50 to \$500

► Ticket prices for A Decade of Difference: A Concert Celebrating 10 Years of the William J. Clinton Foundation, which was streamed live on Yahoo.com, ranged from \$50 to \$550.

2

scene

Box office



The robot boxers of Real Steel and the dancers of Footloose are in a tight fight for the box-office title. Real Steel came in barely ahead of the remake

Footloose, which opened with \$16.1 million. The movies are close enough that they could switch rankings once final numbers are released today. Universal's horror update The Thing opened at No. 3 with \$8.7 million.

THE ASSOCIATED PRESS



Low-rated Charlie's Angels' reboot grounded by ABC after just four airings.

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Definitely not the Oscars



► Darth Vader accepts the Ultimate Villain award from Star Wars creator George Lucas during the 2011 Scream Awards on Saturday in Los Angeles.

► Harry Potter, Pee Wee Herman and Darth Vader among honourees at Spike TV's Scream Awards

Heroes and villains from the worlds of horror, fantasy and sci-fi shared the stage at Spike TV's annual Scream Awards.

More television event than traditional awards ceremony, the Scream Awards were presented in an amphitheatre built on the Universal Studios backlot just for the occasion.

The Saturday night show was as much about how the awards were presented as who got them, but for starters, the top honourees were Harry Potter, Darth Vader, Nicolas Cage, Pee Wee Herman and Robert Downey, Jr.

Resembling a psychedelic circus, one side of the stage was a life-sized doll-

house populated by costumed characters; the other a staircase topped by a giant keyhole, and in the middle was a lake that lit up with fire.

Fans picked the night's winners and also filled the makeshift theatre for the two and a half hour presentation, which is set to air tomorrow as a two-hour special on Spike TV and VH1.

Potter took the night's top prize. The eight-part film franchise was named the Ultimate Scream, which awards presenter Chloe Grace Moretz described as "the most awesome, most rocking thing that the universe has ever seen."

Show highlights

The show was punctuated with circus-worthy acts such as aerialists, fire dancers and contortionists who performed inside floating plastic balls.

► The most anticipated movie was *The Dark Knight Rises*, and stars Anne Hathaway, Gary Oldman and Joseph Gordon-Levitt took the stage to thank fans for the honour.

► Bradley Cooper accepted an award for *Limitless* and J.J. Abrams was on hand to take a sci-fi prize for *Super 8*.

Audience members were given glow sticks before the winner was announced, and when Potter star Daniel Radcliffe accepted the prize by video from New York, fans there were waving the same lights.

Co-star Ralph Fiennes, who played Lord Voldemort, also appeared by video to accept an award for favourite villain.

Vader, though, won the Ultimate Villain award. Star Wars creator George Lucas presented the Sith Lord with his prize.

Vader, who accepted the award personally, said he's found it difficult to concentrate on his work recently because he's constantly "living in fear of how George Lucas is going to digitally enhance you for the next DVD."

Meanwhile, Lucas announced that the first Star Wars film converted to 3-D will open in February.

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► Paul Reubens, recipient of the Visionary Award, makes his entrance via bicycle at the 2011 Scream Awards.

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The death rattles of Ashton and Demi's marriage?

► Moving truck spotted outside the couple's home ► Sources speculate that Ashton might be movin' out

Rumours of an impending split between Ashton Kutcher and Demi Moore jumped into overdrive late last week when a moving truck was seen pulling up to the couple's Los Angeles home, according to Us Weekly.

The moving company, Wetzel & Sons, would not divulge any information about the job.

While it's unclear which of the two might be vacating the premises, sources speculate Kutcher would be the one kicked to the curb.

"Demi is humiliated," a source says.

"She loves him, but can't forgive him for the embarrassment he has caused."

● METRO



ALL PHOTOS GETTY IMAGES

I'm straight, Taylor tells GQ

Taylor Lautner is going on the record about his sexuality after being quizzed by the Australian edition of GQ about a recent night out with director Gus Van Sant and writer Dustin

Lance Black, both of whom are openly gay.

When asked if either of the men hit on him, Lautner said, "No, definitely not. I think they know I'm straight."

The 19-year-old Twilight star said that the meeting was all business.

"It's not a coincidence that there was a writer, a director and an actor at dinner." ● METRO



Celebrity tweets



"Doing some work on the day-time show, and went to jury duty."



@andersoncooper

@AlbertBrooks

"Nothing against Zsa Zsa Gabor but she is single-handedly bringing down Medicare."



@kevinbacon

"Just saw a TV ad for Floose. Marketing a remake by putting down the orig? A bit lame dont ya think?"



@EllenBarkin



"This twitter s--- is really the medium for me. I'm as f---in' shallow as 140 characters."

Whitney has a 'diva' moment

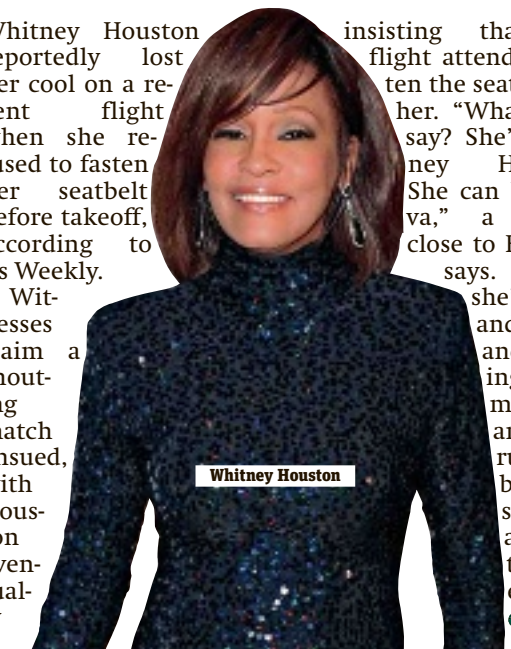
Whitney Houston reportedly lost her cool on a recent flight when she refused to fasten her seatbelt before takeoff, according to Us Weekly.

Witnesses claim a shouting match ensued, with Houston eventually

insisting that the flight attendant fasten the seatbelt for her. "What can I say? She's Whitney Houston. She can be a diva," a source close to Houston says.

"But she's clean and sober and filming a movie and was rushing back to set from a charity event."

● METRO



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	Australia.....1.9 €/min	Israel.....1.9 €/min	South Korea.....2.9 €/min		
					
	Bosnia.....13.9 €/min	Italy.....1.9 €/min	Sri Lanka.....9.9 €/min		
					
	China.....1.9 €/min	Lebanon.....7.9 €/min	Trinidad.....4.9 €/min		
					
	Colombia.....from 3.9 €/min	Mexico.....from 1.9 €/min	U.A.E.....14.9 €/min		
					
	Cuba.....89.9 €/min	Pakistan.....5.9 €/min	U.K.....2.9 €/min		
					
	El Salvador.....9.9 €/min	Philippines.....11.9 €/min	Vietnam.....4.9 €/min		
					
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	India.....2.9 €/min	Russia.....from 1.9 €/min			

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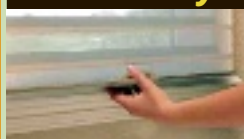


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3

life

Child safety



Sue Rainville, director of marketing for window fashions manufacturer Hunter Douglas, offers tips to make your home safe.

- Use window guards on all windows above the first floor. Screens aren't strong enough to stop falls.

- To keep windows open for ventilation, install locks that limit the opening's size.

- For sliding doors, apply stickers to alert kids to the presence of glass.

NEWS CANADA



Scan this code for tips on preserving your favourite memories.



► It's cute now but wait until she's 45.

Sucking – sucks?

► A thumb or pacifier may bring peace to your household but what are the implications?



EMMA E. FORREST
LIFE@METRONEWS.CA

METRO WORLD NEWS

You've swaddled and shushed, but your baby's still howling. So you reach for a pacifier, or encourage thumb sucking. Is this OK?

Thumb versus pacifier use is an issue that divides parents. Thumb sucking is a natural behaviour. Children have been observed thumb sucking in the womb. Pacifier proponents

believe keeping your baby calm when he or she is crying for no reason is better for psychological wellbeing.

There are genuine positives: Pacifier use is believed to reduce the prevalence of Sudden Infant Death Syndrome. You can also control when your baby uses it (which you can't do with a thumb) and when it's time to end non-nutritive sucking (NNS) — as it's termed — a pacifier can be thrown out.

The downside is that if

your baby becomes dependent on it, you'll be up throughout the night to pop it back in. Later, it becomes a barrier to speech.

So while this sanity-saver seems like a good option, NNS can have implications for growth. "The greater the amount of time during the day that the child engages in non-nutritive sucking, the greater the forces that the growing bones and associated soft tissues will be exposed to," explains Dr. Sarah Hulland, a paediatric

dentist. "In turn (this) can cause a change in the relationship of the oro-motor complex, so how the mouth is shaped, how the dentition inter-relates, how the lips can close, how the tongue behaves in the mouth (can be affected)."

Hulland warns that soother sucking should be limited to settling your baby. "Sucking on soothers can lead to significant restructuring of the oro-facial complex, which usually manifests itself as an open

bite where the front teeth don't meet. This can lead to difficulties closing the lips and a tongue thrust."

In response, pacifier producers are creating more ergonomic soothers. But getting kids to stop can be tricky. "The easiest way to stop pacifier sucking is to keep soother-access to essential-use only," explains Hulland. "And for thumb suckers, remove thumb from a child's mouth or replace it with an alternative comforter."



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A wow-provoking dinner starter

► Seared Shrimp Tortilla Bites boast hint of sweetness

Preparation:

1 If using frozen shrimp, thaw and pat dry well. Discard tail shell, if still on. Heat oil in a large frying pan over medium-high heat. Add shrimp, garlic and salt. Stir-fry until shrimp is pink, about 4 minutes. Toss with coriander. Refrigerate to cool or cover and refrigerate overnight.

2 Stir peanut butter with lime juice, hot sauce, soy sauce, ginger and garlic. Stir in a little wa-

ter if needed until a thick sauce-like consistency. Sauce can be made a couple of days in advance then covered and refrigerated.

3 Peel mango and cut fruit from pit. Dice into 1/2-inch (1.5 cm) pieces. Just before serving, assemble bites. Spoon about 1 to 1-1/2 tsp (5 to 7 mL) peanut sauce into tortilla scoop. Top with a shrimp, mango piece and coriander leaf if using. Repeat with remaining shrimp. You may

have a bit of sauce left-over depending on the number of shrimp you have.

NEWS CANADA/ PEANUT BUREAU

Ingredients:

- 1 lb (500 g) large peeled uncooked shrimp (about 24)
- 4 tsp (20 mL) olive oil
- 2 sliced garlic cloves
- Pinches salt
- 2 tbsp (30 mL) chopped

coriander Peanut sauce

- 1/3 cup (75 mL) peanut butter
- 2 tbsp (30 mL) lime juice
- 2 to 3 tsp (10 to 15 mL) hot sauce
- 1 tbsp (15 mL) soy sauce

- 2 tsp (10 mL) finely grated peeled ginger
- 1 large garlic clove, minced
- 1 ripe but firm mango
- 24 mini scoop shaped tortilla chips
- Garnish: coriander leaves



► This recipe makes 24 bites.

Rose Reisman's Swap It

It's never easy to know which is healthier: a lasagna or spaghetti with a rich meat sauce. In this case, the lasagna comes in at almost double the calories and two and a half times the fat.

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Pursuit of success was no cakewalk

► Rosalind Chan's turning point came when she traded in her corporate cubicle for a career as a cake artisan

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



Rosalind Chan is an international superstar in the cake decorating world.

As a new immigrant from Malaysia she gave up a corporate career in Canada to go after her passion for cake artistry full-time. To give up her big salary and start her own company was a hard step to take.

"I'd worked all my life and to suddenly not have a salary or a job was nerve-racking for me."

Chan went back to

A piece of cake

Interested in getting into cake decorating? Rosalind says:

- Go to well known and relevant schools.
- Get an internship and work with the best.
- Take additional courses to build up your skill level.
- Social media — hit the websites and food blogs to introduce yourself to the market.

Malaysia and started a cake decorating teaching centre that quickly grew to two locations.

"Today we have one of the biggest cake decorating institutes and training



► Rosalind Chan is the owner of one of the biggest cake decorating institutes in Malaysia and has recently expanded her business to Canada.

centres in Malaysia."

On the heels of her success she opened her Canadian shop called Sugar

Tiers in Markham, Ont., and was thrilled to be inducted into the Wilton Cake Decorating Hall of

Fame.

"I want to expand in Canada and branch out to more countries. I want to

share my passion and give back to society by teaching in women's shelters. But my biggest goal is to write my first book."

For Rosalind Chan, that will be the icing on the cake.

Sweet success

Rosalind Chan's international accomplishments

- Wilton Hall of Fame
- First Canadian and Asian to become a Certified Master Sugar Artist
- First Asian to be recruited onto international Wilton Training Team
- First Asian to be awarded International Teacher of the Year Award

Could Facebook make or break a hire?

► You're aware that certain online content could harm your search ► But could some postings actually help?



CASSANDRA GARRISON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

It's no secret that your social networking site can be your own worst enemy. However, Reppler, a company that will get rid of all the dirt in your profile for you, conducted a survey that shows just how influential your social network-

ing sites really are when job searching.

A whopping 91 per cent of employers will check out your social networking sites during the hiring process and about 47 per cent will get right to it as soon as you turn in an application. The most frequently checked sites are Facebook, Twitter and LinkedIn.

An alarming 69 per cent

of those employers have actually rejected a job candidate because of something they saw on their social networking site.

The main reasons those candidates got rejected were because they lied about their qualifications, posted inappropriate photos (no surprise there), demonstrated poor communication skills (we know you only get 140

characters, but use punctuation!), posted negative comments about a previous employer or just posted inappropriate comments.

Now, the good news is that your profile can also work in your favour if an employer likes what he or she sees. 68 per cent actually reported hiring someone because of what they saw on a profile.



► Facebook, Twitter and LinkedIn are the top three sites checked by employers, according to Reppler.

The main reasons those lucky social networkers landed a job is because they gave a positive impression of their personali-

ty or organizational fit, their profile supported their professional qualifications or their profile showed they were creative.

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Still 'prepared' 100 years later

► Recruitment and retention rates rising at Scouts Canada, organization says ► Modern updates to thank

Scouts Canada insists it is attuned to the younger generation, despite being an organization that has been around longer than most of its members' grandparents.

The international youth group, established in 1907, is legendary for its merit badges, commitment to the outdoors, and leadership building. But despite its long history and deep-rooted traditions, it has been working to stay relevant to the times by making its activities co-ed, updating its uniforms and incorporating technology.

Although most members join at a young age and eventually lose interest after a few years, an increasing percentage is staying committed and involved long into adulthood. Steve Kent, chief commissioner of Scouts Canada, said re-



► The compass remains a key accessory of Scout life but modern devices have also been incorporated into environmental programming, such as GPS tracking systems.

cruitment and retention rates have gone up in recent years.

"It's become a way of life," said the 33-year-old, who started with the organization as a cub in 1984 and is the youngest person to hold his current title in Canadian history. "I wouldn't be who I am today, I wouldn't be where I am today if it wasn't for Scouts."

Up until three years ago, membership was on the decline. It had last peaked in the 1960s at around 320,000. Then in late 2008, it bottomed out at about 97,000 members, the organization said.

Numbers started to turn around in 2009 and since then, Scouting in Canada has grown steadily for the first time in three decades.

This is in part a result of a task force action plan launched to modernize the organization. Its mandate includes getting more

young people involved with internal leadership positions, making it easier to volunteer and providing more resources. The curriculum has also been updated.

"While you're still able to learn map and compass, we also do orienteering and geocaching with GPS," said Kent, who lives in Mount Pearl, N.L.

Kent said the average child between the ages of four and 14 in Canada spends 44 hours a week in front of a screen device like a computer or iPad. Scouts Canada aims to help build a valuable relationship between its members and the outdoors.

"We were the original environmentalist," said Kent. "Long before it was cool or trendy to go green, scouts were planting trees and engaged in other environmental projects."

THE CANADIAN PRESS

Stylish Scout

Esthetically, the organization has also updated its iconic beige uniforms.

► In March, Canadian fashion retailer Joe Fresh redesigned the outfits, which still include a neckerchief and button down shirts.

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LAUNCH TIPS

CONSIDER THESE POINTS BEFORE YOU BEGIN YOUR NEW VENTURE

Small and medium-size businesses account for 99.8 per cent of all Canadian companies and employ more than 60 per cent of private sector workers. If

NETWORK WITH ENTREPRENEURS

For 32 years, the Business Development Bank of Canada has been organizing Small Business Week to recognize the contributions and achievements of Canadian entrepreneurs. Events held during this week bring entrepreneurs together at conferences, luncheons and trade fairs across the country, where they can learn and network with their peers. For more information about this year's events, which are being held this week, visit bdc.ca/sbw.

you are thinking of launching a small business, here are 10 points to consider:

- 1 CHOOSE SOMETHING YOU LOVE.** You are going to spend countless hours starting and growing your business.
- 2 SAVE MONEY FIRST.** Don't start your business just using loans from family, friends and banks; it can take years to turn a profit before you can repay them. Save as much money upfront, even if it extends your launch date.
- 3 RESEARCH, RESEARCH, RESEARCH.** You will need to become an expert on your industry, products and services. Join related industry or professional associations.
- 4 DRAFT A BUSINESS PLAN.** For most small businesses, the most important parts of this plan are the break-even analysis, a profit-and-loss forecast and a cash-flow projection. It also helps project start-up costs and marketing strategies.



JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

- 5 DON'T QUIT YOUR DAY JOB.** If there is no conflict of interest and you can manage it, keep your full-time job while you lay the foundation of your business. You might as well enjoy getting regular paycheques and paid vacations as long as you can.
- 6 FIND CLIENTS/CUSTOMERS FIRST.** Start lining them up before you have officially launched. Network, offer a few free services or products — you can't start marketing too soon.
- 7 HIRE GOOD STAFF.** Choose outstanding employees, then create a happy and stable workplace so they will want

to perform well and stick around.

- 8 EMBRACE SOCIAL MEDIA.** At the very least, companies should have a website that describes who they are and their services and products. It's becoming de rigueur for businesses to be on Facebook and Twitter, too.
- 9 ADOPT A CAUSE.** Consumers appreciate businesses that support good causes. Everyone wins: The customers; the charities; and the businesses.
- 10 PAY YOUR BILLS AND TAXES ON TIME.** In doing so, you will gain trust and build a positive credit profile. Reputation is everything. — Jane Doucet



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START YOUR BUSINESS WITH A SOLID FOUNDATION

RBC ROYAL BANK OFFERS CONVENIENT OPTIONS TO HELP ENTREPRENEURS

Running your own business puts you in control like never before. It can mean long hours and a steep learning curve, especially in the first year. But there are lots of convenient options you can take advantage of from Day 1 to save you time.

If you're like most aspiring business owners you started a business around something you love to do and are great at. While you are an expert in what you sell, chances are you're not an expert in

running a business — at least not yet. You need to find the resources and people to help you. At the same time, you need tools to help your business run efficiently and reliably. RBC Royal Bank can help with both.

With the largest network of branches and bank ATMs in Canada, RBC Royal Bank makes it easy to access your money when you need it most. And if you're looking for advice, the RBC Royal Direct

award-winning call centre is staffed 24 hours a day with specially trained small business advisers that can help you in about 180 languages, answering both your business and personal banking questions on the same call.

Make your business leaner and meaner — and simpler — from the start by doing your banking online. Today's entrepreneurs pay their bills, taxes, employees and suppliers electronically. They lose no time due to travel or mail delays, and they write fewer cheques, reducing their risk of fraud and building stronger relationships with suppliers.

BUSINESS TIPS, VIDEOS ONLINE

Starting a business can be a lot more work than a full-time job. Everybody knows that. But not everybody knows how to make a business run well. With RBC Royal Bank's online Advice Centre, you can learn.

Visit rbcadvicecentre.com to access short articles, guides and videos offering information that matters to entrepreneurs. Find out how to draft a business plan and manage your cash; learn the pros and cons of renting or buying space, and a lot more. You can watch and read inspiring stories, too — about men and women with dreams like yours, who made them a reality.

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Give yourself every advantage to grow your business successfully. You know it's worth it.



PEOPLE HELPING PEOPLE

JAMES WOODSON/DIGITAL VISION/THINKSTOCK

50 YEARS OF SUPPORTING MULTIPLE-BIRTH FAMILIES

The Multiple Birth Families Association of Ottawa-Gatineau (MBFA) celebrates its 50th anniversary this year, marking the occasion with a banquet for current and former members Nov 5.

MBFA is a non-profit organization run by volunteers dedicated to helping multiple-birth families support one another. Its current membership of more than 400 members includes 393 families with twins, 19 with triplets and

two with quadruplets.

"It's all about people helping people," says MBFA president Olga Kutikov, mother of four-year-old boy/girl twins. "When we learned we were having twins, we had so many questions and nowhere to turn for answers. Through the association, we met multiple-birth families from all walks of life who answered our questions and helped us cope."

MBFA members organize and participate in a number of activities and events, including a semi-annual swap of children's clothing and toys, and separate "nights out" for mothers and fathers each month.

Most newcomers begin their membership by attending Multiple Expectations, MBFA's four-session prenatal course. During the course, volunteers, who are also parents of

TWIN, TRIPLET BIRTHS INCREASE

The incidence of multiple births in Canada has risen significantly since the mid-1970s. The number of twin births increased by 35 per cent between 1974 and 1990; during the same period, the number of triplet births increased by nearly 250 per cent. Improved medical care, including fertility treatments, is considered a leading cause of this trend.

multiples, share tips, ideas and anecdotes about raising twins, triplets and quadruplets. For new members, it's an ideal opportunity to meet other expectant parents and begin to establish a support network.

"Many of the people I met through the association became close, longtime friends," says Laura Kilgour, who joined what was then known as the Ottawa Twin Parents Association in 1978. "In those days there was no Internet, of course, so face-to-face sharing among peers was the best way to learn."

Today, MBFA is one of the largest multiple-births associations in the country, with members from across eastern Ontario and western Quebec. MBFA is one of more than 20 independent chapters affiliated with Multiple Births Canada.

DO YOU HAVE TWINS, TRIPLETS OR QUADRUPLETS?

Did you ever belong to a group called OTTAWA TWINS' PARENTS' ASSOCIATION (OTPA) or MULTIPLE BIRTH FAMILIES ASSOCIATION (MBFA)?

WELL, LOOK WHO'S TURNING 50!



Multiple Birth Families Association
OTTAWA  GATINEAU

**SATURDAY,
NOVEMBER 5, 2011
at 5:00 P.M.**

Dinner will start at 6:00 P.M.

To register, just go to mbfa.ca and look under forms

For more info contact
events@mbfa.ca

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BEN KNIGHT
LIFE@METRONEWS.CA

Drip by drip, drop by drop, water is getting more expensive. It's tempting to wonder, sometimes, why we are paying so much for something that regularly falls out of the sky for free.

Not that purification, pumps and infrastructure aren't hugely important. But aren't there ways to use all that water that simply hits your house anyway? Yes, and so we turn to the humble rain barrel.

"Catching rain water for your garden is fun," says Bob Burgess, principal of Gulf Islands Rainwater Connection Ltd. on Thetis Island, B.C.

"And it gives you the best possible water for your garden."

A simple, low-tech device can fill up 10 to 15 times in a typical Canadian year. The water's not drinkable, but it's cheaper — and cleaner — for lawns, gardens and plants

Savings

Savings from the sky:

► **Cash** The City of Ottawa offers a \$50 rebate program for water barrels with a minimum volume of 150 litres. The city also recommends rain barrels be stirred vigorously once a week to prevent the possible breeding of mosquitos.

than the more expensive treated water that gushes from your hose or sprinkler.

And if you feel like investing in a more complex system, rain water can also be used indoors.

"The building code — now — allows it to be used for toilets without purification," Burgess says. "That's a nice way to save money — and water — 12 months a year."

That requires a tank, underground in most of Canada, where it can be protected from freezing.

"The underground



► Turn your traditional rain barrel into cash.

tanks are more expensive. You're probably spending \$2,000 on the tank, and another \$1,000 on the pump. By and large, you're looking at more like \$4,000 to \$5,000. And that depends on how easy it is. If it's a brand new

house, it would be really easy."

Potable water systems are available, converting rain into drinking water. But they run in the \$25,000 to \$35,000 cost range — far more than most Canadians would

ever be willing to spend. But there's an easier, cheaper side to this. Just the simple act of putting a rain barrel under your downspout heightens awareness of water conservation, making it easier to find other effective,

every-day ways of cutting consumption.

"That's exactly the idea of the rain barrel, is that it gets people interested," Burgess says. "Here's a line: It's raining, it's pouring, the wise man is storing."

HOW TO IMPROVE YOUR AIR QUALITY

Are there certain kinds of plants that improve the air quality in my home? *Jeremy of Toronto*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



Believe it or not, NASA created a

list of the best air-filtering plants.

Decorate your home or office with a combination of spider plants, peace lilies, snake plants (a.k.a. mother-in-law's tongue), elephant ears, weeping figs, rubber plants or bamboo palms (a.k.a. reed

palm).

All of these are some of the most popular house plants, so they'll be easy to find, and they're also easy to care for.

Back in the 1980s, NASA did a study to look at which plants were best able to filter the air of the

Back in the 1980s, NASA did a study to look at which plants were best able to filter the air of the space station.

space station.

And if it's good enough for the space station...

And you don't have to be an astronaut to know that plants produce oxygen. But what you might not realize is that indoor plants can also absorb contaminants like benzene and formaldehyde (a known carcinogen).

Dr. B.C. Wolverton's research also showed that plant-filtered rooms have 50 to 60 per cent less air-



► Improve your air quality with plants.

borne microbes, like mold spores and bacteria.

Get rid of any fake, silk plants — they only collect dust — and harness the environment's natural ability to clean itself. You can also check the library for a more exhaustive list

in Wolverton's book, *How to Grow Fresh Air: 50 Houseplants That Purify Your Home or Office*.



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Hoping for another chance

► Tigers say they can contend again next year after being eliminated by Rangers in ALCS

Moments after the Detroit Tigers were eliminated from the AL championship series, Alex Avila was already looking forward to the future.

The Detroit catcher figures his team will have every opportunity to return to the playoffs next year. The Tigers won the AL Central by 15 games this season and have a nucleus that includes Justin Verlander, Miguel Cabrera and a number of other key contributors who are expected back in 2012.

"We've got a good core of guys," Avila said. "The starting rotation is good. There are a lot of young guys who've got good experience from this season. Our team is set up well for next year."

Detroit beat the New York Yankees in the division series before falling to Texas in the ALCS, unable to contain the Rangers in a 15-5 loss in the clinching Game 6 on Saturday night.

The Tigers were built to contend this season, and new additions Victor Martinez and Joaquin Benoit made valuable contributions. Detroit pulled away in the AL Central with a 12-game September winning streak. Verlander won 24 games and could take both the Cy Young and MVP awards. Cabrera won the batting title.

It was Detroit's first division title since winning the AL East in 1987, but the Tigers couldn't quite match their post-season success of



► Detroit Tigers, from left, Jhonny Peralta, Brandon Inge, Miguel Cabrera and Ramon Santiago during the Rangers' nine-run sixth inning Saturday night in Arlington, Texas.

2006, when they went all the way to the World Series as a wild card.

"This team gave every single thing they had, every ounce of energy. I just couldn't be prouder of them," manager Jim Leyland said.

Verlander led the AL in wins, ERA and strikeouts, and Cabrera hit .344 with 30 homers and 105 RBIs. Martinez, the team's new designated hitter, hit a career-high .330 and drove in 103 runs.

Closer Jose Valverde didn't blow a save opportunity



"I'm not going into the off-season disappointed at all."

TIGERS MANAGER JIM LEYLAND

all year.

With Verlander, Cabrera and a talented young rotation, Detroit should be able to contend for a post-season spot again next year.

On the way out?

The Tigers will have a few decisions to make.

► Outfielder Magglio Ordonez and second baseman Carlos Guillen made a combined \$23 million US this season, but neither was healthy enough to contribute much and it's possible they won't return to the team.

Avila was perhaps the team's most encouraging surprise this year, hitting

.295 with 19 homers during the regular season. He struggled during the playoffs while playing hurt, highlighting the need for Detroit to carry a dependable backup catcher who can allow Avila to rest on occasion.

"It was tough and we had a long grind," Leyland said. "Unfortunately, we have a long time to rest up, about 10 days or so more than I would have liked, but we'll come back to spring training and get back to work."

THE ASSOCIATED PRESS

IndyCar driver dies after fiery crash

Dan Wheldon, who moved to the United States from his native England with hopes of winning the Indianapolis 500 and went on to prevail at his sport's most famed race twice, died yesterday after a massive, fiery wreck at the Las Vegas Indy 300.

He was 33.

Wheldon, who won the Indy 500 for the second time this May, won 16 times in his IndyCar career and was the series champion in 2005. He was airlifted

from the Las Vegas track at 1:19 p.m. local time yesterday and taken to a nearby hospital, becoming the first IndyCar driver to die after an on-track crash since rookie Paul Dana was killed in practice on the morning of race day at Homestead-Miami Speedway in 2006.

As word began to spread that his injuries were fatal, those at the track could not control their tears. The remainder of the race was cancelled. Drivers solemnly returned to the track for a



► Dan Wheldon

five-lap tribute to Wheldon, almost all of them hiding their eyes behind

dark sunglasses after being told their colleague was gone.

"IndyCar is very sad to announce that Dan Wheldon has passed away from unsurvivable injuries," IndyCar CEO Randy Bernard said. "Our thoughts and prayers are with his family today. IndyCar, its drivers and owners, have decided to end the race. In honour of Dan Wheldon, the drivers have decided to do a five-lap salute to in his honour."

The race was only minutes old when Wheldon, who started at the back of the 34-car field and was in position for a \$5 million US payday if he could have won the race, was one of 15 cars involved in a wreck that started when two cars touched tires.

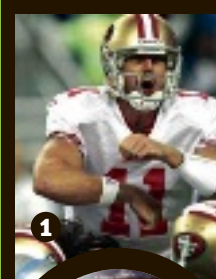
Several cars burst into flames, and debris was all over the track, some of the impact so intense that workers needed to patch holes in the asphalt.

THE ASSOCIATED PRESS

4

sports

NFL in brief



1



2



3

1 The 49ers knocked Detroit from the unbeaten ranks 25-19.

2 Aaron Rodgers threw three touchdowns as the Packers beat the Rams 24-3, becoming the NFL's last unbeaten team.

3 Ahmad Bradshaw ran for a career-best three touchdowns as the Giants beat the Bills 27-24.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	4	4	0	0	0	15	11	8	3-0-0-0	1-0-0-0	4-0-0-0	W4
d-Pittsburgh	6	3	1	1	1	18	16	8	1-1-1-0	2-0-0-1	3-1-1-1	L2
d-Toronto	3	3	0	0	0	11	7	6	3-0-0-0	0-0-0-0	3-0-0-0	W3
Philadelphia	4	3	0	1	0	14	8	7	1-0-1-0	2-0-0-0	3-0-1-0	L1
Buffalo	4	3	1	0	0	14	9	6	1-1-0-0	2-0-0-0	3-1-0-0	W1
NY Islanders	4	3	1	0	0	11	6	6	3-1-0-0	0-0-0-0	3-1-0-0	W3
New Jersey	4	3	1	0	0	9	8	6	2-1-0-0	1-0-0-0	3-1-0-0	W3
Carolina	5	2	2	1	0	13	18	5	1-1-0-0	1-1-1-0	2-2-1-0	W2
Florida	3	2	1	0	0	7	6	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
Boston	5	2	3	0	0	10	9	4	1-2-0-0	1-1-0-0	2-3-0-0	W1
Tampa Bay	5	1	2	0	2	14	19	4	0-0-0-0	1-2-0-2	1-2-0-2	L4
Montreal	4	1	2	0	1	11	13	3	0-1-0-1	1-1-0-0	1-2-0-1	L2
NY Rangers	3	0	1	1	1	5	8	2	0-0-0-0	0-1-1-1	0-1-1-1	L3
Ottawa	5	1	4	0	0	14	23	2	1-1-0-0	0-3-0-0	1-4-0-0	L2
Winnipeg	3	0	3	0	0	5	13	0	0-1-0-0	0-2-0-0	0-3-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	4	4	0	0	0	13	5	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Colorado	5	4	1	0	0	17	11	8	0-1-0-0	4-0-0-0	4-1-0-0	W4
d-Dallas	5	4	1	0	0	13	11	8	4-0-0-0	0-1-0-0	4-1-0-0	W3
Minnesota	5	2	1	1	1	12	12	6	2-0-1-0	0-1-0-1	2-1-1-1	L1
Phoenix	4	2	1	0	1	13	11	5	1-0-0-0	1-1-0-1	2-1-0-1	W2
Chicago	4	2	1	0	1	12	10	5	2-0-0-1	0-1-0-0	2-1-0-1	L1
Nashville	4	2	1	0	1	11	12	5	0-1-0-1	2-0-0-0	2-1-0-1	L2
Los Angeles	4	2	1	0	1	9	10	5	1-1-0-0	1-0-0-1	2-1-0-1	W1
Vancouver	5	2	2	0	1	15	15	5	0-0-0-1	2-2-0-0	2-2-0-1	W1
Anaheim	3	2	1	0	0	4	5	4	2-0-0-0	0-1-0-0	2-1-0-0	W2
St. Louis	4	2	2	0	0	13	11	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Edmonton	3	1	1	0	1	6	7	3	1-1-0-0	1-0-0-1	1-1-0-1	L2
San Jose	3	1	2	0	0	8	8	2	1-1-0-0	0-1-0-0	1-2-0-0	L2
Calgary	4	1	3	0	0	11	14	2	0-1-0-0	1-2-0-0	1-3-0-0	L1
Columbus	5	0	4	0	1	10	17	1	0-2-0-1	0-2-0-0	0-4-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's result

St. Louis at Anaheim

Saturday's results

Toronto 3 Calgary 2

Vancouver 4 Edmonton 3

Colorado 6 Montreal 5 (SO)

Phoenix 4 Winnipeg 1

Washington 2 Ottawa 1

Boston 3 Chicago 2 (SO)

Buffalo 3 Pittsburgh 2

Dallas 4 Columbus 2

Detroit 3 Minnesota 2 (OT)

Florida 3 Tampa Bay 2 (SO)

Los Angeles 3 Philadelphia 2 (OT)

New Jersey 3 Nashville 2 (SO)

N.Y. Islanders 4 N.Y. Rangers 2

St. Louis 4 San Jose 2

Friday Results

Anaheim 1 San Jose 0

Carolina 4 Buffalo 3

Tonight's games

Colorado at Toronto, 7 p.m.

Florida at Tampa Bay, 7:30 p.m.

Pittsburgh at Winnipeg, 8:30 p.m.

Nashville at Edmonton, 9:30 p.m.

Anaheim at San Jose, 10:30 p.m.

Tomorrow's games

Carolina at Boston, 7 p.m.

Florida at Washington, 7 p.m.

Dallas at Columbus, 7 p.m.

Buffalo at Montreal, 7:30 p.m.

Philadelphia at Ottawa, 7:30 p.m.

Pittsburgh at Minnesota, 8 p.m.

Edmonton at Calgary, 9 p.m.

N.Y. Rangers at Vancouver, 10 p.m.

Chicago at Phoenix, 10 p.m.

St. Louis at Los Angeles, 10:30 p.m.

MLB PLAYOFFS

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7 series)

All times Eastern

AMERICAN LEAGUE

TEXAS (W) VS. DETROIT (C)

(Texas wins sereis 4-2)

Saturday's result

Texas 15 Detroit 5

Thursday's result

Texas 7 Texas 5

NATIONAL LEAGUE

MILWAUKEE (C) VS. ST. LOUIS (WC)

(St. Louis leads series 3-2)

Last night's result

St. Louis at Milwaukee

Friday's result

St. Louis 7 Milwaukee 1

Tonight's game

x-St. Louis (Carpenter 11-9) at Milwaukee

(Gallardo 17-10; 8:05 p.m.

x — if necessary.

SATURDAY

RANGERS 15, TIGERS 5

Detroit	AB	R	H	BI	BB	SO	Avg.
A.Jackson cf	4	1	2	2	0	1	.240
Raburn rf	4	0	0	0	0	0	.261
Mi.Cabrera 1b	4	2	2	2	0	2	.400
V.Martínez dh	4	0	3	0	0	0	.273
D.Young lf	4	0	0	0	0	3	.133
Jh.Peralta ss	4	1	1	1	0	1	.217
Avila c	4	0	0	0	0	1	.080
Inge 3b	4	1	1	0	0	0	.267
R.Santiago 2b	3	0	1	0	0	0	.375
Totals	35	5	10	5	0	8	
Texas	AB	R	H	BI	BB	SO	Avg.
Kinsler 2b	5	2	3	3	1	0	.292
Andrus ss	5	2	2	0	1	0	.240
J.Hamilton cf-lf	4	1	1	1	1	0	.308
Mi.Young 1b	6	2	3	5	0	1	.250
A.Beltre 3b	6	2	2	1	0	3	.222
Napoli c	4	2	1	0	1	0	.292
N.Cruz rf	4	2	2	2	1	0	.364
Dav.Murphy dh	2	2	2	2	3	0	.412
En.Chavez lf	1	0	0	0	0	0	.000
a-Gentry ph-cf	4	0	2	1	0	0	.400
Totals	41	15	17	15	8	4	
Detroit	110	020010	5	10	2		
Texas	009	01230	15	17	0		

a-reached on a failed fielder's choice for En.Chavez in the 3rd.
E—Raburn (1), D.Young (1). LOB—Detroit 3, Texas 11. 2B—Mi.Young 2 (3), A.Beltre (3), N.Cruz (2). HR—Mi.Cabrera (2), off D.Holland; Jh.Peralta (2), off D.Holland; A.Jackson (1), off D.Holland; Mi.Cabrera (3), off M.Adams; Mi.Young (1), off Penny; N.Cruz (6), off Penny. RBIs—A.Jackson 2 (4), Mi.Cabrera 2 (7), Jh.Peralta (2), Kinsler 3 (6), J.Hamilton (5), Mi.Young 5 (7), A.Beltre (2), N.Cruz 2 (13), Dav.Murphy 2 (3), Gentry (1). SB—Andrus (1), Dav.Murphy (1). CS—Andrus (1). SF—J.Hamilton. Runners left in scoring position—Texas 9 (Mi.Young, En.Chavez, A.Beltre 2, Gentry, Andrus 4). Runners moved up—R.Santiago, GDP—Raburn 2.
DP—Texas 2 (Andrus, Kinsler, Mi.Young), (Andrus, Kinsler, Mi.Young).

Detroit	IP	H	R	ER	BB	SO	NP	ERA
Scherzer L, 0-1	2 2/3	5	6	6	4	1	62	9.72
Porcello	1/3	2	2	2	1	0	14	4.00
Perry	2 2/3	2	1	0	0	0	35	9.00
Penny	1 2/3	7	5	5	2	1	46	27.00
Albuquerque	1 1/3	0	0	0	1	2	18	0.00
Texas	IP	H	R	ER	BB	SO	NP	ERA
D.Holland	4 2/3	7	4	4	0	5	69	8.59
Feldman	1/3	0	0	0	0	0	3	0.00
Ogando W, 2-0	2	1	0	0	0	3	26	1.17
M.Adams	1	2	1	1	0	0	16	2.08
Feliz	1	0	0	0	0	0	14	0.00
T—3:32. A—51,508 (49,170) at Arlington, Texas.								

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	15	10	5	0	462	373	20
x-Winnipeg	15	9	6	0	360	350	18
x-Hamilton	15	7	8	0	420	416	14
Toronto	15	4	11	0	313	429	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	15	9	6	0	429	322	18
x-Edmonton	15	9	6	0	353	328	18
x-Calgary	15	8	7	0	424	412	16
Saskatchewan	15	4	11	0	294	431	8

x — clinched playoff berth.

WEEK 16

Yesterday's results

B.C. 29 Saskatchewan 18

Montreal 27 Hamilton 25

Saturday's results

Edmonton 24 Winnipeg 10

Friday's results

Toronto 31 Calgary 29

WEEK 17

Friday, Oct. 21

Edmonton at Toronto, 6:30 p.m.

Saskatchewan at Calgary, 9:30 p.m.

Saturday, Oct. 22

Montreal at Winnipeg, 3 p.m.

B.C. at Hamilton, 7 p.m.

AUTO RACING

NASCAR-WHELEN MODIFIED SUNOCO WORLD SERIES

Yesterday's results

At Thompson, Conn.

(Start position in parentheses)

1. (24) Glen Reen, Wilbraham, Mass., Chevrolet, 168 laps, 59.155 mph; 2. (5) Bobby Santos, Franklin, Mass., Dodge, 168; 3. (22) Matt Hirschman, Northampton, Pa., Chevrolet, 168; 4. (14) Chuck Hossfeld, Ransomville, N.Y., Chevrolet, 168; 5. (11) Tom Rogers, Jr., Patchogue, N.Y., Chevrolet, 168; 6. (34) Keith Rocco, Wallingford, Conn., Chevrolet, 168; 7. (10) Eric Beers, Northampton, Pa., Chevrolet, 168; 8. (19) Patrick Emerling, Orchard Park, N.Y., Ford, 168; 9. (17) Mike Stefanik, Coventry, R.I., Chevrolet, 168; 10. (9) Eric Goodale, Riverhead, N.Y., Chevrolet, 168.

11. (30) Wade Cole, Riverton, Conn., Chevrolet, 168; 12. (33) Jimmy Zacharias, Candor, N.Y., Chevrolet, 168; 13. (31) Gary McDonald, Ronkonkoma, N.Y., Chevrolet, 168; 14. (7) Erick Rudolph, Ransomville, N.Y., Chevrolet, 167; 15. (2) Doug Coby, Milford, Conn., Chevrolet, 167; 16. (8) Ron Silk, Norwalk, Conn., Chevrolet, 164; 17. (25) Jamie Tomaino, Howell, N.J., Chevrolet, 163; 18. (28) Daniel Hemric, Kannapolis, N.C., Pontiac, 161, accident; 19. (21) Woody Pitkat, Stafford, Conn., Chevrolet, 158; 20. (32) Rob Fuller, Boylston, Mass., Ford, 158.

FI-KOREAN GRAND PRIX

At Yeongam, South Korea

1. Sebastian Vettel, Germany, Red Bull, 55 laps, 1:38:01.994, 117.373 mph; 2. Lewis Hamilton, England, McLaren, 55, 1:38:14.013; 3. Mark Webber, Australia, Red Bull, 55, 1:38:14.471; 4. Jenson Button, England, McLaren, 55, 1:38:16.688; 5. Fernando Alonso, Spain, Ferrari, 55, 1:38:17.683; 6. Felipe Massa, Brazil, Ferrari, 55, 1:38:27.127; 7. Jaime Alguersuari, Spain, Toro Rosso, 55, 1:38:51.532; 8. Nico Rosberg, Germany, Mercedes, 55, 1:38:56.047; 9. Sebastian Buemi, Switzerland, Toro Rosso, 55, 1:39:04.756; 10. Paul di Resta, Scotland, Force India, 55, 1:39:10.596.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	5	1	0	.833	185	135
Buffalo	4	2	0	.667	188	147
N.Y. Jets	2	3	0	.400	121	125
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Tennessee	3	2	0	.600	105	94
Houston	3	3	0	.500	141	124
Jacksonville	1	5	0	.167	72	132
Indianapolis	0	6	0	.000	104	163

NORTH

NORTH						
	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	148	71
Cincinnati	4	2	0	.667	137	111
Pittsburgh	4	2	0	.667	119	103

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Graciela at 613-299-1619.

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www.1siw.com

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LIQUIDATION SALE

Thursday, October 20, 2011 9:00 a.m. to 8:00 p.m.
Friday, October 21, 2011 9:00 a.m. to 5:00 p.m.
Saturday, October 22, 2011 9:00 a.m. to 2:00 p.m.

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Housewares:

Shower rods; gravy boats; 3 tiered buffet server; paper towel holder; dish sets; glasses; beverage dispenser;
travel mugs; steamers; sewing machine; photo frames; curtain rods; roman shades; air conditioner;
fans; garbage cans; air fresheners; containers; cutlery; platters; pack sacks; lunch bags; wreaths

Linen:

Rugs; sheet sets; comforters; pillows; towels; face cloths; sleeping bags; blankets; crib sets; curtains

Toys:

Activity cubes; wrestling spin & slam; Disney items; Fisher Price items; stuffed animals; soccer balls;
board games; dress up trunks; scooters; piano; bean bag game; trucks

Lighting:

Vanity lights; ceiling fans; lamps; ceiling lights; table lamps; floor lamps

Sporting:

Marine safety kits; camp stove; BBQ covers; portable bbq; bikes; bike trailers; pool startup kits; scooters;
roller blades

Furniture:

Benches; Muskoka chairs; couches; deacon benches; 7 piece dining set; chairs; ottomans; showers;
lawn chairs; 3 pc bistro set; fridge

Beauty Supplies:

Cosmetic bags; shampoo; conditioner; bar soap; hair accessories; nail accessories; make-up; razors;
sunglasses; reading glasses; baby wipes; jewellery boxes; facial wipes

Misc. Items:

Rain barrel; watering timers; snow brushes; clean up kits; fishing stuff; motorcycle covers; floor registers;
windshield wipers; portable seats; tiles; coolers

Misc. Food Items

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UPCOMING AUCTIONS

November 10, 11 & 12 -- Liquidation Sale -- 301 Van Buren St, Kemptville
November 12 -- 9:00 a.m. -- Xmas Auction -- Winchester
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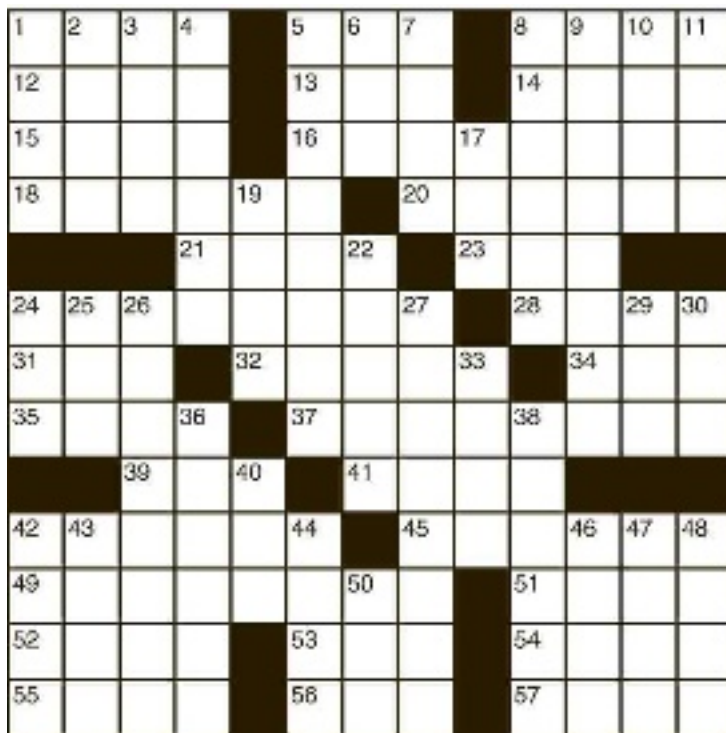
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Crossword

Across

1 Bath powder
5 Snip
8 Corned beef recipe
12 Eye layer
13 — shoestring
14 Inner (Pref.)
15 Super Bowl party quaff
16 Western-most Great Lake
18 Apprehend
20 Puts one's foot down
21 Hebrew month
23 Vast expanse
24 Diana Ross' backup
28 Remain
31 Bobby of hockey lore
32 Sample recordings
34 Individual
35 Appear
37 Endorses
39 Dawn goddess
41 Comic Caroline
42 Deodorant site
45 More gross
49 Stuff you need
51 Money of Lesotho
52 Initial stake
53 "To be or — ..."
54 Greek vowels
55 Nuisance
56 Type measures
57 Harvard rival
Down
1 Oompah instrument
2 State with conviction
3 Lecherous look
4 Life's work



5 Halloween outfits
6 Burma's first prime minister
7 Reville's opposite
8 Medal earners
9 Disney employee
10 Halt
11 — d'oeuvre
17 Aliens, for short
19 Coaster
22 Madagascar primate
24 "Help!"
25 Suffix with press or fail
26 Replaces in the TV

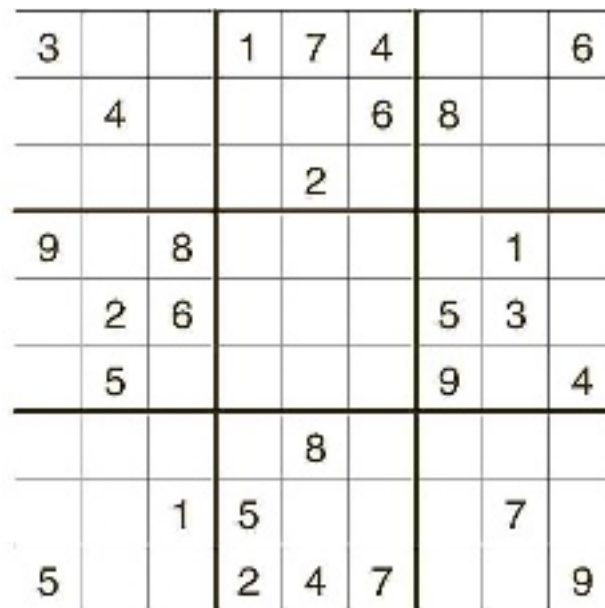
lineup
27 Those with faulty logic
29 Pismire
30 "Of course"
33 Detail, for short
36 Youngster
38 "Annie Get Your Gun" role
40 Part of RSVP
42 Pronto, on a memo
43 Mysterious character
44 Fork prong
46 Tittle

47 And others (Lat.)
48 Go up
50 Eternity

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

5	8	9	3	2	7	4	6	1
2	1	7	4	6	8	9	3	5
3	4	8	1	5	9	7	2	6
1	2	9	9	4	3	5	7	6
8	3	5	7	1	6	2	8	4
6	7	4	2	8	5	1	9	3
8	9	2	5	3	4	6	1	7
4	6	1	8	7	2	3	5	9
7	5	3	6	9	1	8	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lost Angel

This Sunday marks the beginning of our third month together, and what an emotional rollercoaster it has been! Angel, I wouldn't take a minute back. Every morning that we share, every sunrise, every second that I can steal with you makes my life better. Every time you cross my mind, I am reminded how lucky I am. Je t'adore mon amour! You truly are, my everything.

CRAZY <4 U!

and

hey andikins I know weve only been together for a short period of time but I just wanna say tht I will always be there, if u need someone or if U need a gr8t big Hug just bbb me and I'll be there.

NIKS

Today's horoscope

♈ **Aries** March 21-April 20 Life is a great adventure or it is nothing, so get out there and make your mark on the world.

♉ **Taurus** April 21-May 21 Start thinking now about ways you can make the second half better than the first.

♊ **Gemini** May 22-June 21 There is no limit to what you can accomplish, so don't limit your vision.

♋ **Cancer** June 22-July 22 You have wasted enough emotional and intellectual energy on senseless disputes.

♌ **Leo** July 23-Aug. 23 You seem to have missed out on a promising opportunity, simply because you were too stubborn to admit that someone else's idea was better than your own.

♍ **Virgo** Aug. 24-Sept. 22 Stand up for what you believe in and don't let anyone, no matter how powerful, tell you that you have no right to your own opinions.

♎ **Libra** Sept. 23-Oct. 23 The Sun remains in your birth sign only until next weekend, so make the most of the next few days.

♏ **Scorpio** Oct. 24-Nov. 22 Recent events have been anything

For today's crossword answers and for expanded horoscopes, go to metronews.ca

but easy and there will be more challenges over the next few days, ♎ **Sagittarius** Nov. 23-Dec. 21

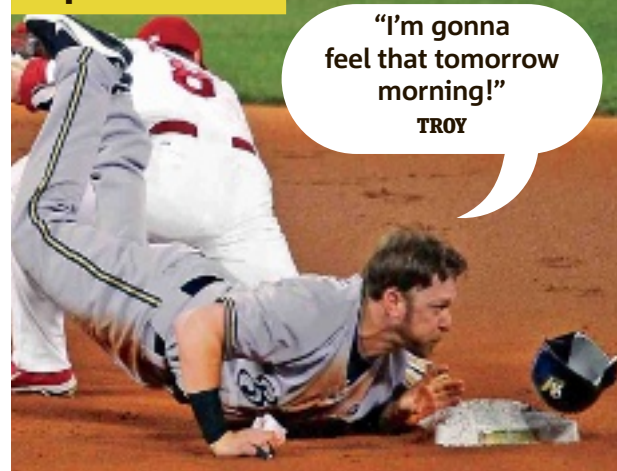
You cannot change other people, you can only live well and be a good example.

♏ **Capricorn** Dec. 22-Jan. 20 Make a special effort today to put some distance between yourself and a group of people who have clearly misled you

♏ **Aquarius** Jan. 21-Feb. 18 There is still time to make your mark.

♐ **Pisces** Feb. 19-March 20. Don't listen to other people, listen to your heart. **SALLY BROMPTON**

Caption contest



"I'm gonna feel that tomorrow morning!"
TROY



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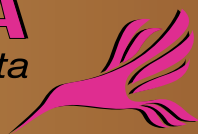
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• st: 32353
• km: 66500

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11 Mazda2

• Loaded, A/C, Auto, Brand New
• st: 32649
• km: 30

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09 Kia Spectra LX

• Loaded, A/C, Auto
• st: 32881
• km: 62497

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\$81** Bi-weekly



09 Nissan Versa

• Loaded, A/C, Auto
• st: 32887-A
• km: 79501

\$10,950
\$89** Bi-weekly



11 Volvo C70

• Hardtop Convert, Loaded, Lthr, Auto
• st: 32285
• km: 19652

\$39,930
\$309** Bi-weekly



09 BMW 323i

• Loaded, A/C, Roof, Lthr, Auto
• st: 32928
• km: 46617

\$25,850
\$209** Bi-weekly



09 Toyota Venza

• AWD, Loaded, A/C, Auto, Roof
• st: 31787
• km: 22487

\$26,850
\$208** Bi-weekly



11 Mazda3 GX

• Loaded, A/C, Auto
• st: 32978
• km: 29356

\$15,950
\$129** Bi-weekly



07 Toyota Yaris

• Auto
• st: 32937
• km: 72470

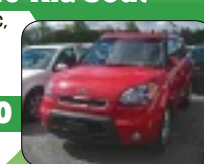
\$8,350
\$76** Bi-weekly



10 Kia Soul

• Loaded, A/C, Roof, Auto
• st: 32895
• km: 53986

\$16,650
\$134** Bi-weekly



08 Lexus IS 250

• Loaded, A/C, Auto
• st: 32790
• km: 55516

\$21,850
\$191** Bi-weekly



08 LandRover LR2 se

• Loaded, Roof, Lthr, Auto
• st: 32103
• km: 82605

\$21,870
\$192** Bi-weekly



09 Lexus RX350

• AWD, Loaded, Lthr, Roof, Auto
• st: 32858
• km: 45574

\$31,870
\$247** Bi-weekly



09 Kia Rio

• Loaded, A/C, Auto
• st: 32437
• km: 63588

\$9,820
\$79** Bi-weekly



07 Hyundai Accent

• Loaded, A/C, Auto
• st: 32931
• km: 96970

\$6,850
\$62** Bi-weekly



07 Honda Civic

• Loaded, A/C, Auto
• st: 31516
• km: 83751

\$11,650
\$106** Bi-weekly



08 Benz C300

• Loaded, A/C, Roof, Lthr
• st: 32357
• km: 40721

\$28,650
\$251** Bi-weekly



07 Cadillac STS

• AWD, Loaded, Roof, Lthr, Auto
• st: 29658
• km: 79888

\$19,850
\$181** Bi-weekly



07 Benz ML320

• Diesel, AWD, NAV, Roof, Lthr
• st: 32168
• km: 72545

\$34,680
\$304** Bi-weekly



11 Suzuki Swift

• Loaded, A/C, Auto
• st: 32804
• km: 24243

\$11,960
\$97** Bi-weekly



10 Hyundai Elantra

• Loaded, A/C, Auto
• st: 32888
• km: 68807

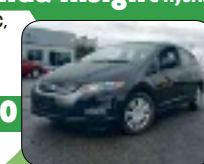
\$12,890
\$104** Bi-weekly



10 Honda Insight Hybrid

• Loaded, A/C, Auto
• st: 31958
• km: 53737

\$18,800
\$152** Bi-weekly



UNBEATABLE OFFERS ON ALL MAKES & MODELS

07 VOLVO V50

LOADED, A/C, ROOF, AUTO • 77781km
st:32538 • **\$16,750** • bw:\$153**

07 IMPREZA AWD

LOADED, A/C • 96310km
st:31392 • **\$12,870** • bw:\$117**

11 FRONTIER 4X4

LOADED, A/C, AUTO • 17768km
st:32724 • **\$29,980** • bw:\$232**

08 ACCORD

LOADED, A/C • 105003km
st:32995 • **\$13,750** • bw:\$125**

09 SANTA FE

LOADED, A/C, AUTO • 47104km
st:32070 • **\$17,850** • bw:\$144**

09 FORD RANGER SPORT

4X4, LOADED, A/C, AUTO • km:27389
st:32615 • **\$17,650** • bw:\$143**

11 SONATA

LOADED, A/C, AUTO • 56556km
st:32771 • **\$17,950** • bw:\$145**

11 PATHFINDER

LOADED, A/C, AUTO • 27056km
st:32697 • **\$28,970** • bw:\$224**

07 UPLANDER

LOADED, A/C • 90676km
st:32810 • **\$8,850** • bw:\$81**

10 GR.CARAVAN SE

STOW N GO, LOADED, A/C • 62166km
st:32867 • **\$15,950** • bw:\$129**

10 FUSION SE

LOADED, A/C, AUTO • 66478km
st:32783 • **\$15,750** • bw:\$127**

10 PATRIOT 4WD

LOADED, A/C, AUTO • 51641km
st:32941 • **\$16,950** • bw:\$137**

10 COROLLA CE

LOADED, A/C, AUTO • 62483km
st:32949 • **\$13,850** • bw:\$112**

07 VOLVO XC70 AWD

LOADED, A/C, LTHR, AUTO • 112608km
st:32911 • **\$16,980** • bw:\$155**

10 LANCER

LOADED, A/C, AUTO • 63749km
st:32806 • **\$14,850** • bw:\$120**

07 TOYOTA RAV4 4WD

LOADED, A/C, AUTO • 94969km
st:32215 • **\$16,840** • bw:\$153**

09 LIBERTY 4WD

LOADED, A/C • 96659km
st:11379 • **\$13,850** • bw:\$112**

11 ESCAPE XLT AWD

LOADED, A/C, AUTO • 96659km
st:32523 • **\$13,850** • bw:\$112**

10 MATRIX

LOADED, A/C, AUTO • 61657km
st:32449 • **\$14,950** • bw:\$121**

10 SENTRA

LOADED, A/C, AUTO • 60529km
st:32385 • **\$13,750** • bw:\$111**

08 SATURN VUE XR AWD

LOADED, A/C, AUTO • 60545km
st:32194 • **\$16,410** • bw:\$149**

07 VOLVO XC70 AWD

LOADED, A/C, AUTO, LEATHER
• 112608km st:32911
• **\$16,980** • bw:\$155**

10 ALTIMA 2.5S

LOADED, A/C, AUTO • 75294km
st:32443 • **\$14,950** • bw:\$121**

08 GOLF CITY

LOADED, A/C • 53893km
st:32500 • **\$12,970** • bw:\$118**

10 KIA FORTE LX

LOADED, A/C, AUTO • 53397km
st:32894 • **\$13,450** • bw:\$109**

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